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# Edmonton metro



Your essential daily news | TUESDAY, JANUARY 5, 2016

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**Carolina Hurricanes' Brett Pesce and Edmonton Oilers' Mark Letestu battle for the puck during the first period at Rexall Place on Monday.**  
THE CANADIAN PRESS



## Albertans worry over finances

**SURVEY SAYS**

### Province most pessimistic in Canada: Poll



**Sanam Islam**  
Metro | Edmonton

The trouble in Alberta's oil-patch has people feeling gloomy about their finances.

A new CIBC poll shows Albertans are the least happy in the country about their current finances — a dramatic change from last year, when they were the most positive.

In this year's survey, only 62 per cent reported feeling confident about their financial situation, down 21 per cent from the year before. Confidence in meeting future goals also dropped 19 points to 72 per cent.

A credit counsellor for the Edmonton region says the impact has been felt at his agency. "We're really busy. It's tough when so much of the province's economy is tied

to one industry," says Craig York of the Credit Counselling Society.

Call volumes for his agency's credit counselling and insolvency department are "well above" those from the year before, York says, and he expects the upward trend to continue.

"Until now, a lot of people may have used credit or savings to get by, but now they're at the point where things haven't picked up in the time they expected," he says.

Most of the concerns center around job loss and potential layoffs, he says. "People

don't have a feeling of job security, which can impact a lot of decisions. A lot of people are wondering how are we going to get out, how are we going to move forward, and how do you make decisions in times of uncertainty?"

For those facing financial difficulties, York recommends adjusting finances to align income with expenses, as well as getting third-party advice on how to move forward.

WITH FILES FROM THE CANADIAN PRESS

**66%**

**Alberta's gloom isn't shared nation-wide — more than two-thirds of those surveyed remain confident about their finances.**

## TOUGH BATTLE

**Oilers fight for 1-0 overtime win against Hurricanes**

**metroSPORTS**

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# 5

## BIG DECISIONS FOR CITY COUNCIL IN 2016

Edmonton city councillors will have a lot on their collective plate in 2016. Here's a look at some of the big decisions they will have to make this year. **RYAN TUMILTY** METRO



**Council will have to formalize a new bylaw to allow Uber this year.** METRO FILE

### 2 Next stop?

With construction on the southern portion of the Valley LRT line set to get underway council will have to decide where the system will go next at some point this year.

The federal Liberals promised large investments in public transit that could help the city continue building LRT. The Valley Line's western extension from downtown out to West Edmonton Mall and Lewis Estate is generally considered next on the city's priority list, but the city could also extend the Metro Line into northwest Edmonton.

Coun. Dave Loken said he hopes the city can do both projects. "I would like to see the northwest line come up to speed and perhaps we could begin work on both of them at the same time," he said.

Loken said he believes the Metro line extension makes a lot of sense, because it would service NAIT and the new Blatchford development as well many neighbourhoods with good transit use. He said the line should also be fairly straightforward to build. "It's basically just a straight line."



**After years of debates councillors will likely decide on the future of the Rossdale area, including the former power plant in 2016.**

CITY OF EDMONTON

### 1 Uber problem

First on council's agenda and biggest for the taxi industry is finalizing the city's new ride-share bylaw. Uber has been a contentious issue since it first launched in December 2014 and council gave two readings to a bylaw this past November, but asked for more work before giving it the final sign-off.

Coun. Dave Loken said he wants to better understand the impact to the existing taxi industry before he green-lights a new bylaw. "I was very frustrated with the lack of information, the lack of research so I hope they have that for us," he said.

Coun. Michael Oshry said his fellow councillors have been striving for a perfect solution, but he doesn't believe they will find one right off the bat. "We have to make the best decision that we can, knowing we can always tweak it later," he said.

He said the debate has consumed a lot of council's time and it's time to move ahead. "There is an appetite to get this one done."



**The Valley Line as currently planned would stop in downtown Edmonton at the edge of Churchill Square. Council will have to decide where the next LRT line should be built in 2016.**

CITY OF EDMONTON

### 3 Rosssdale

The long-simmering debate about what to do with the city's lands in Rosssdale will likely come to a head in 2016 as well.

The land around the power plant and the Waltherdale bridge has been the canvas for a number of ideas that have included a mixed-use neighbourhood and a canal. The city has also mulled whether Telus Field should come down and how to best respect the aboriginal culture of the area.

Loken said with a downtown transformation underway and the Blatchford development starting Rosssdale is next. "The next big visionary project is what we do with Rosssdale," he said. "I hope by the end of the year we will have an idea of what we will be doing down there."

Oshry said there are a lot of moving parts to the project, but council has to commit to a plan. "At some point you have to take a little bit of a risk and make a decision," he said.



**Former city manager Simon Farbrother was dismissed in September and council will have to select his replacement this year.** METRO FILE

### 4 New boss

Along with deciding what the city does next, council has to decide on who will oversee the work.

Former city manager Simon Farbrother was let go in September and the city has started the work of replacing him with a head-hunting firm that has already placed advertisements.

Oshry said Edmonton has changed since the last time it hired a city manager and he believes a lot of people will be interested in running a big city. "I'm confident that with the people who are likely to be applying for the role we are going to be getting a good candidate," he said.

He said the role has to be different than it was the last time, but council is coming together on what they want. "I think council is in a good spot that the majority have the same type of person in mind."

### 5 Economic downturn

Edmonton won't be immune to the economic challenges hitting Alberta and while council has already passed its budget for the year ahead it may have to make some difficult choices.

Oshry said city governments are sheltered somewhat from economic downturns, but it will impact Edmonton in ways and he believes there could be a rough patch ahead. "I think there is still a bit of a need to really appreciate the effects the downturn is going to have on the city."

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# Delayed refugees finally arrive on Christmas Eve

SYRIA

## The Dalaas were able to move directly to new home



**Alex Boyd**  
Metro | Edmonton

The Edmonton-bound refugee family repeatedly stopped from boarding a flight here finally arrived on Christmas Eve.

"It was the Christmas story come alive," says Father Glenn McDonald of St. Joseph's College at the University of Alberta, the organization that sponsored them.

Iwan and Zamzam Dalaa, along with their daughters Karima, four, and Ayat, 15 months, made headlines recently after problems with paperwork prevented them from boarding previous flights.

The family was part of a group of refugees sponsored by the community at St.

Joseph's but the only ones to encounter issues. After spending the last of their funds to get to the airport the family initially had to sleep there before the group from St. Joe's sent them some money.

After three failed attempts to fly to Edmonton, McDonald says, the family was successful only after they boarded a flight on Dec 23.

Because of the delay, they were able to skip their temporary housing arrangements and

go straight to their new home. McDonald says the family and the St. Joseph's team stayed up late, talking.

"They're just thrilled, they're just lovely people," McDonald says.

Iwan was a furniture maker in Syria, but for now the priority is helping the family learn as much English as possible, McDonald says. A parishioner is already providing language tutoring.

The St. Joseph's community has sponsored two families and two individuals. McDonald says they're very grateful to all the donations they've received, as well as to the Edmonton Refugee Volunteers group for providing translation services.

"They've made it much easier than it could have been," he says.

The refugees sponsored by St. Joe's are among the first of an estimated 1,500 refugees ex-

pected to arrive in Edmonton in coming months. Most of the first arrivals were privately sponsored, which means that, like the Dalaas, they have a group here ready

to help them.

McDonald says the government-sponsored now arriving won't have as much of a support system, so will likely need more support from the general community.

"The government sponsored refugees will need more from the average person, just patience and understanding," he says.

After missing an earlier Dec 31 deadline, the federal government has committed to bringing in 25,000 Syrian refugees by March.

“

**It was the Christmas story come alive.**

Father Glenn McDonald



Father Glenn McDonald welcomes Iwan and Zamzam Dalaa and their two daughters to the city.

SUPPLIED

POLITICS

## Petition calls for plebiscite



**Ryan Tumilty**  
Metro | Edmonton

If the NDP want to push ahead with a carbon tax and farm safety legislation, they should have to do so understanding just how much voters support them argues one Alberta man.

George Clark is organizing a petition drive that he hopes would force a plebiscite on both the NDP's proposed Carbon tax and on the government's farm safety legislation, which he argues don't have the support of Albertans.

"We're looking for our constitutional right for a plebiscite when government decisions are made without public support," he said.

Clark's petition asks people to sign in front of a witness and provide their address, which he argues should give it more weight than online petitions.

The Alberta Election Act allows for cabinet to ask the Lieutenant Governor to call for a plebiscite if they believe there is a significant public sentiment for it. The plebiscite would not be binding on the government.

Clark said the NDP's election victory was not an endorsement of their entire platform and they shouldn't be pushing ahead with ideas Albertans don't support. He said he has thousands of signatures already.

"The NDP is acting as if they have a majority of the support of the people, whereas they actually only have a majority of the MLAs in the legislature."

Clark is not alone in expressing his outrage. Several online petitions calling for recall legislation or for a new election have reached tens of thousands of supporters.

Bob Murray, vice-president of research with the Frontier Centre, said the NDP's historic win was helped by a split on the right and the Notley government hasn't won everyone over to their side.

"The majority of Albertans are still fairly conservative minded, that's what the numbers tell us," he said.

He said the government has every right to move ahead on its agenda, but when the next election is called they may suffer if they are seen as too ideological, especially if the economy is still struggling.

"You have to bear in mind that the majority of Albertans certainly in the last election were not NDP supporters."

ADDITION

## AHS working so parents can get naloxone for kids



**Jeremy Simes**  
For Metro | Calgary

Alberta Health is working to make naloxone available to family members of Albertans addicted to fentanyl.

On Sunday, Metro learned parents aren't allowed to obtain naloxone kits for their fentanyl-addicted kids.

"Alberta Health and our partners recognize that the prescription requirement for naloxone can be a barrier to access, and we continue to work with the federal government, and our provin-

cial and territorial counterparts, to make this drug available to Albertans without a prescription," said Dr. Martin Lavoie, Alberta Health's acting chief medical officer of health, in a statement.

Currently, naloxone is defined as a Schedule 1 drug under Health Canada, meaning it can only be dispensed to a person who has a prescription, Lavoie added.

"Prescribing standards require that a person receiving a prescription must first be seen and assessed by a physician or other prescriber."

A local mom — who doesn't

### NALOXONE

Naloxone is an antidote that can reverse fentanyl overdoses.

wish to have her name published — was outraged she couldn't get naloxone for her fentanyl-addicted son. She's been dealing with her son's fentanyl addiction for months and, recently, gave him CPR over the holidays before EMS arrived to revive him, she said.

Lavoie said parents can take their children to distribution

sites to get the kits.

"Although prescriptions for naloxone cannot be given to a third party without the patient being present, we do want people to know that they can take their children or loved ones to a family doctor or other prescriber to request naloxone and to get information about treatment options," he said. The mom said she didn't go with her son, 18, to get naloxone prior to his relapse — he hasn't been home.

"I found out his relapse was on the 23rd (of December) and I had him in detox on Monday," she said, adding she inquired

about the kits after the incident.

She said she has seen her son in and out of detox centres multiple times, adding the government isn't doing enough for kids leaving detox centres.

"Even though kits are available, it's just another band-aid solution," she said. "The real issue is the lack of detox space and lack of treatment for middle-class families."

"The amount (of kids) saved by naloxone is a drop in a bucket compared to the amount we're going to lose (to fentanyl). (Naloxone) is like a fire extinguisher to a forest fire. We need to bring in the water bombers now."

# Voice of Oilers stepping down

## BROADCASTING

### Lewis prides himself on professional approach



**Alex Boyd**  
Metro | Edmonton

You may not know his face, but you definitely know his voice. Mark Lewis has called goals and penalties for the Edmonton Oilers for 35 years — and now he's stepping down.

He announced Monday he will be retiring at the end of the season.

"It's been a great career. It's been rewarding and exciting and now it's time to do something else," he said.

Lewis got started in the media business as a disc jockey in the late 1960s, before stints with CFRN, CBC and CHED radio.

In 1981 he was hired as the announcer for the Canada Cup, hosted by Edmonton in what



Mark Lewis has called five Stanley Cup-winning victories for Edmonton. OILERS ENTERTAINMENT GROUP

is now Rexall Place.

He's been the announcer for the Oilers ever since. He's called five Stanley Cup winning seasons, four Cup wins on home ice, and goals from Wayne Gretzky, Mark Messier and Glenn Anderson.

"Through my 35 years in the NHL, I wouldn't say there are a lot of people that stand out when it comes to P.A. announcers and hosts, but Mark is right up there as one of the truly recognizable voices around the league in the last

three decades," Oilers Entertainment Group vice-chairman Kevin Lowe said in a release.

When talking about his job, Lewis repeatedly mentioned the professionalism, a priority since that first Cup.

"I didn't want to embarrass

myself or embarrass the team that had just hired me and I was really serious, so I did my homework on the various teams that came over," he said, making sure to learn how to pronounce all the players' names.

While he joked that nothing about his job is difficult, he stressed that an announcer has to show up — physically and mentally.

"If you have a game tomorrow night you can't be going out," he said, "you can't be sick and hungover. You've got to be professional."

His pregame routine has been the same for years. He shows up a couple of hours early, has dinner in the media lounge, then checks the game notes, though these days there aren't that many names he doesn't already know how to say.

He said he's fine with the

fact that while his voice has become the soundtrack for Oilers games, many fans can't pick him out of a crowd.

"I don't mind that — my ego is very well-satisfied in doing a good job," he said, adding that he doesn't ask for autographs or pucks.

"So far the relationship has worked because I show up, I don't make too many mistakes and then I go home."

After he retires he plans to spend more time in Arizona with his wife and do some consulting work, but he said he hasn't decided how he'll say goodbye to the Oilers.

"I haven't given it a lot of thought yet — the last game of the year — though I'm hoping it's not the end of the regular season."

"Whenever it is, I'll just go around and shake some hands and bow out as gracefully as I can."



**It's been a great career. It's been rewarding and exciting and now it's time to do something else.**

Mark Lewis

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# Property values rise in city, despite troubled economy

## HOUSING MARKET

**Average home now priced at \$408,000: Assessment**



**Ryan Tumilty**  
Metro | Edmonton

Prospective buyers may disagree, but city assessors announced Monday the average Edmonton home went up in value by 1.7 per cent last year.

The city announced its property assessment results Monday, which showed the average city home is now worth \$408,000, up slightly from the year before. Assessment notices should begin to arrive in mailboxes over the next few days.

Assessment manager Rod Risling said he understands many Edmontonians would struggle to see their house's value as rising while the city suffers economically, but he stressed these are based on market activity as of last July.

"Assessed values represent a snapshot of what occurred in the past," he said. "We're just reflecting what the market is telling us."

Property owners now have until March 11 to file formal complaints if they believe the city's value is wrong. Risling said before filing a formal complaint people should call in and have a conversation.

He said the formal process involves fees and hearings that may not even be necessary if it is just a simple mistake.

"A lot of that can be alleviated by calling the assessor and going through the assessment and making corrections," he said.

Apartments saw a nine per cent average increase in assessed value last year. Risling said that despite higher vacancy rates most people still see apartments as strong investments.

He said the increase shouldn't lead to huge rent spikes, especially in the current market. He said even a big jump like this doesn't lead to a huge increase for landlords.



City assessment manager Rod Risling says the results of the report are based on market activity as of July 2015. RYAN TUMILTY/METRO

"It is usually only about \$10 per month," he said.

Realtor Alex Gee with Remax said the city's numbers always trail the market, but the 1.7 per cent increase isn't too delayed.

"It's always behind and so in a rising market they are always too low and in a market where it's tough like it is now, they're too high," he said.

He said he expects a tough year ahead for sellers because the economy is softening and fewer people are moving to the city.

"I think it is going to be challenging. I think the sales volume will drop a little bit. I think sale prices will drop this year," he said.

He said he expects starter homes — those below the city's average — won't have as much a challenge as homes in the higher part of the market.

"The higher price ranges will ultimately not perform as well as homes under \$400,000," he said. "There is just a much greater demand in that type of market."

## GUN LICENSING

# Stricter reviews needed: Judge

A fatality inquiry judge is calling for stricter reviews of gun licence applications after a southern Alberta man with a history of mental problems was fatally shot by police.

Corey Lewis, 39, was shot outside his Okotoks home in July 2010 after a standoff with an RCMP tactical team.

He was found holding a dark-coloured umbrella that he had pointed at officers, who thought the object was a weapon.

Provincial court Judge Marlene Graham says she finds it disturbing that Lewis was granted licences for five firearms, including restricted weapons, despite his mental problems, a suicide attempt and a previous emergency protection order.

"I do find that Mr. Lewis's possession of the five long-barrelled guns was an integral part of the event leading up to his death," Graham wrote in a report released Monday.

“

**Ultimately the police did their job. So I don't begrudge them.**

Widow Naydene Lewis

"I find that the screening process used to grant the gun licences to Mr. Lewis lacked diligence and common sense and gives me no assurance that public safety, which is the purpose of the Firearms Act, was being sufficiently emphasized throughout the process."

Graham recommends better screening for firearms licence applicants, including a telephone interview with the applicant's spouse.

She also recommends that police consult with mental-health professionals when dealing with armed people in standoffs to help get them to surrender.

The report says that in the hours before he was shot, Lewis was angry and distraught.

Widow Naydene Lewis said she is pleased overall with the report and its recommendations. But she wishes RCMP had used more lighting around the house and had contacted her husband's mental-health providers.

THE CANADIAN PRESS

## + BY THE NUMBERS – PROPERTY VALUES

### Neighbourhoods with the biggest increase:

- Homesteader, 5.4%
- Lynnwood, 4.6%
- McConachie Area, 4.4%
- Terrace Heights, 4.4%
- Chambery, 4.2%

### Neighbourhoods with the biggest decrease:

- Athlone, 6.8%
- Kensington, 6.4%
- Edgemont, 6.3%
- Queen Mary Park, 6.0%
- Killarney, 6.0%

**2,300**

The city got 2,300 appeals of assessments last year. 30 per cent were successful.

**4.8**

Condos and townhouses went up in value by about 4.8 per cent last year.

**3.4%**

City councillors passed a 3.4 per cent tax increase on the average home priced at \$408,000.

**\$172.3B**

The total value of all property in Edmonton is estimated at \$172.3 billion.

**376,560**

The city assessed 376,560 residential properties last year.



Tim Young's view from the top of one of two towers he climbed in one day in Chicago last November. CONTRIBUTED

# Tower racer climbs new heights

## ATHLETICS

### U of A staff member wins international race in Chicago



**Sanam Islam**  
Metro | Edmonton

Thirty-eight-year-old Tim Young's special skill is running up the stairs.

In fact, the University of Alberta web developer is so good at it that he won first place in an international tower race in Chicago this past November.

Young beat 3,000 participants, including world-record holders, in reaching the top of the 58-storey 300 North La Salle Tower in Chicago. Two hours earlier, he had placed seventh in a 108-storey tower race in the same city.

"You kind of get a Zen feeling when you're doing it. You feel such accomplishment, and you feel like you've grown wings and you can fly," Young says when asked why he does it.

Young started stair running when he was 16 to complement his figure skating and dancing

training. He says he found that it improves the cardiovascular system, boosts flexibility, and makes bones and muscles stronger.

In addition to climbing anywhere from 12,000 to 18,000 steps a day as part of his training, Young bikes, runs, skis and paddles.

"It's pretty intense. Every once in a while people will come join me at the tower where I train at the U of A, but then after a few times, they'll disappear," Young says.

While remaining consistent is a challenge for most tower runners, Young — who suffers from insomnia — says his biggest problem has been getting enough sleep.



**You feel like you've grown wings and you can fly.**

Tim Young

But he doesn't plan to let that slow him down. He's working on taking part in another U.S. race soon, and hopes to be selected to participate in the world championships in 2016.

That being said, winning isn't the end goal.

"The real battle is between me and myself. Pushing my limits are a big deal — that drive has gotten me so far," Young says.

## CRIME

# Armed break-in affects more than 50

An armed standoff in northwest Edmonton left about 50 people trapped inside a nearby building on Sunday.

Officers were initially called in at 11:30 a.m. to a home at 117 Ave. and 89 St. after a nearby resident reported seeing the suspect holding a firearm and breaking in. The area was contained and negotiators were called in.

Across the street from the residence at the King Hall Jeho-

vah Witness building, about 50 people were asked to stay inside for most of the day.

"They were asked to remain in the basement with a couple of police officers because of safety. However, they were not a target. EPS bussed them home safely around 6:30 p.m.," says Sergeant Steve Sharp.

Four people were inside the home that the suspect broke into, and police were successfully able to communicate with

them so that they came out unharmed.

The suspect, who Edmonton Police revealed is in his 30s and is known to them, refused to leave. He remained inside for several hours, and police kept neighbours inside their home as a precaution.

At 12:50 p.m. the man fired a shot from a third-storey window.

"A tree was struck when the man took a shot. It appeared he wasn't trying to target police,"

Sharp says.

The barricaded man continued to talk to police throughout the day, and surrendered at 7:20 p.m. After he was placed in custody, police searched the residence and found two firearms and ammunition inside. The man may face weapons-related charges. Police continue to investigate the circumstances that led to the man barricading himself in the home.

SANAM ISLAM/METRO



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## MEDICINE

# Advocates call for over-the-counter birth control



**Aaron Chatha**  
Metro | Calgary

As of Jan. 1, women in the U.S. state of Oregon no longer need a prescription to obtain birth control — now, advocates in Calgary say a similar system would do wonders for women's reproductive health in Alberta.

Currently, Alberta women must visit their physician and ask for a prescription. Doctors will usually prescribe a year's worth of birth control.

"But, anything that's a barrier is a problem, right?" said Pam Krause, president and CEO of the Calgary Sexual Health Centre. "So to move from it being any kind of barrier to just an over-the-counter drug will encourage usage, which decreases unplanned pregnancies."

Krause said the move would be an important step for women's rights, so long as the cost is such that any woman can access it, regardless of economic barriers.



**Birth control is available over-the-counter in Oregon.**

COURTESY WIKIPEDIA COMMONS

She also noted the need for regulation — whether in Canada or in the U.S.

Pharmacists will need to be educated to offer alternatives, depending on how women's bodies react to certain types of birth control.

An Alberta Health spokesperson noted that Alberta pharmacists are able to provide Schedule 1 drugs, like birth control, without a physician's prescription, so long as they have additional prescribing authority.

For Krause, additional barriers include religious conflict.

She pointed out a 2014 controversy where a physician at the walk-in Westglen Medical Centre refused to prescribe birth control due to religious beliefs. The College of Physicians and Surgeons of Alberta said if there is a service the physician will not provide, patients must be referred to another resource to obtain that service.

In terms of providing birth control at pharmacies, Krause is concerned women may have to travel too far to obtain birth control.

"The only thing that I care about is that there is someone who is readily available to offer that service," she said. "In my mind, that's the person sitting next to them — not going to three other pharmacies to see if someone will fill it."

Krause also noted many women use the yearly visit to get a birth control prescription to also get pap test to check for cervical cancer — so a new mechanism will have to be put into place to remind women to get tested annually.



**The Office of Traffic Safety will be holding an open house Jan. 18 to address safety concerns along Scona Road for drivers and pedestrians.** METRO FILE

## Engineers look to fix intersection

## ROAD SAFETY

### Scona Road has proved problematic for drivers



**Ryan Tumilty**  
Metro | Edmonton

Edmonton traffic engineers want to hear from the public on their plans for a safer Scona Road, but the speed limit on the hotly debated stretch of road won't be changing.

City engineers undertook two safety studies of the road; one, a more traditional look focusing on collision and vehicle counts and another using video

analysis of traffic that showed not just the crashes, but the accidents that almost happened.

"It digs deeper into the traffic safety analysis to look at conflicts or near-misses," said Shewkar Ibrahim of the city's traffic safety office.

That analysis showed them the majority of the problems, either with pedestrians or just two vehicles, happens in the southbound lanes as people move to make the right turn from Scona Road to Saskatchewan Drive.

The office has an open house planned for Jan. 18 at the Strathcona Centre Community League Hall from 5:30 to 8 p.m. Ibrahim said they believe they have hard data and can present reasonable solutions to the community.

"We wanted to do a study to find out exactly what the issues are and find ways to mitigate them," she said.

She said in addition to speed warning signs and flashing pedestrian lights coming up the hill, the office wants to redesign the right-hand turn lane to make it safer.

Residents have expressed concerns about the current pedestrian crossing and Ibrahim said they hope to address those issues as well as sightlines and other concerns.

"There are going to be a lot of elements that are taken in with this particular design."

Council has debated raising the speed limit on the section of road before, but Ibrahim said both traffic studies confirmed it should remain the same.

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## CHARITY

## Wildlife centre collecting old Christmas trees for animals

**Ben Freeland**  
For Metro | Edmonton

The Wildlife Rehabilitation Society of Edmonton (WRSE) is accepting donations of used Christmas trees at its rehabilitation centre located west of Edmonton.

The society will be accepting all Christmas trees, real and artificial, until Sunday, Jan. 10.

"We've been doing this for a number of years," says WRSE executive director Tamie Perryment.

"We put them in the animal

enclosures for the birds and small mammals to burrow in. We generally prefer real trees, but will take artificial ones as well."

Winter is a challenging time for the WRSE, Perryment explains. While intake is generally lower than in summer and fall, when the society typically sees a lot of orphaned baby animals, the birds and small mammals brought in during the winter are often critically injured. They have often been hit by motor vehicles, and require extensive care.

In addition to encouraging people to donate trees, she

also urges the public to be on the lookout for animals while driving.

"People really need to remember that cars can severely impact animals, even in the city," she says.

"This is especially true this time of year when it gets dark so early."

Tree donors are asked to remove all decorations from the trees, including lights, ornaments, and fake snow, prior to dropping them off. The WRSE does not have a tree pick-up service, so donors are asked to deliver the trees to the rehabilitation centre acreage, situated east of Spruce Grove.



# Superbug gene found in Canada

## HEALTH

### Scientists sound alarm on antibiotic resistance

An alarming new superbug gene that makes bacteria resistant to a last-resort antibiotic has been detected in Canada, Toronto News Service has learned.

The gene, called MCR-1, produces an enzyme that makes bacteria invincible to colistin, a highly toxic antibiotic used only when all other drugs have failed.

MCR-1 was first reported in November by scientists in China, who published a paper in *The Lancet* that set off alarm bells across the globe. Analyzing bacterial samples in southeastern China, researchers found 260 samples of *E. coli* with the MCR-1 gene on meat, hospital patients and farm animals — the likely source of this new superbug, the paper suggests.

But the news that really sent a shudder through the scientific community was that MCR-1 is located on a plasmid — a free-floating snippet of DNA that bacteria can easily share, thus spreading the resistance to other organisms.

"It's clearly the biggest story to come out (in 2015)," said Lance Price, a professor of environmental health at George Washington University, who studies antibiotic resistance. "There have been horrible things all year but this is the most disturbing."

So far, there have been no reports of deaths caused by MCR-1 and some people could



**A worker at a poultry farm in Hefei, China, on Nov. 20, 2015.** Researchers in China have found *E. coli* with MCR-1, which produces an enzyme that makes bacteria invincible to a last-resort antibiotic, on meat, hospital patients and farm animals. AFP/GETTY IMAGES

be harbouring the superbug asymptotically. But the nightmare scenario is that MCR-1 will spread to more virulent bacterial strains that also carry other resistance genes — thus creating a "pan-resistant" superbug capable of defeating every antibiotic in the medicine cabinet.

Since the *Lancet* paper, at least a dozen other countries have also found the MCR-1 gene. Scientists, looking through databases of bacterial samples, detected the gene everywhere

from Denmark and Algeria to Laos.

Among them is Canada, where an investigation was triggered in December by the Public Health Agency of Canada. The Canadian findings have not yet been published but a case report has been submitted to the *Lancet*, according to Dr. Michael Mulvey, chief of antimicrobial resistance with the PHAC's lab in Winnipeg.

The superbug gene was found in three different samples of *E.*

*coli*, all previously collected for special research projects: one from a 62-year-old patient in Ottawa and two from ground beef sold in Ontario.

The Ottawa patient likely picked up the bug in Egypt, where she lived for several years, according to Dr. Baldwin Toye with the Ottawa hospital, who co-wrote a 2013 paper describing her case and four others.

Meanwhile, the ground beef samples were found nearly a year apart in different locations

in Ontario, a butcher shop and a grocery chain, according to Mulvey. Both were collected in 2010 — predating the samples from China, which were collected between 2011 and 2014.

"To see it show up was a surprise for me," Mulvey said. "It supports that there's global dissemination of this gene already.... We're now going to have to look back even prior to (2010), because maybe it's been around for even longer."

TORSTAR NEWS SERVICE

### How bacteria fight back

Antibiotics like colistin are some of the most powerful weapons available to fight dangerous bacterial infections. Here are some ways bacteria like *E. coli* are evolving to defeat them.

#### 1 Overuse

In China, livestock are given colistin in their feed; the antibiotic wards off infections and promotes animal growth. In humans, however, colistin is a last-resort treatment for bacteria like *E. coli*.

#### 2 Evolution

When exposed to high amounts of colistin, the evolutionary process of natural selection kicks in. Weaker strains are killed off while bugs that can overpower colistin — due to genes like MCR-1, for example — survive.

#### 3 Survival

Among the surviving bacteria are superbugs with the MCR-1 gene. The gene is located on a plasmid, a free-floating circle of DNA, and codes for an enzyme that makes it effectively invincible to colistin.

#### 4 Reproduction

*E. coli* reproduces by copying its genetic code and dividing in two, producing a daughter cell which inherits the MCR-1 gene.

#### 5 The spread

Bacteria like *E. coli* live everywhere, including in our guts. Strains that harbour the MCR-1 gene will easily spread across the globe through travel and international trade of meat.

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## POLITICS

# Trump doubles down on Muslim ban in ad

Republican presidential hopeful Donald Trump is giving some of the most divisive proposals of his campaign a starring role in his first major television ad, as the unsettled race for the party's nomination swirls around security concerns.

With the opening 2016 primary contest four weeks away, the billionaire businessman is spotlighting his plan to ban Muslims from entering the United States — temporarily and with

exceptions, he says — and to build a wall along the southern border. Trump's campaign says he plans to spend \$2 million a week on the ad, set to begin airing Tuesday.

Trump's proposal on Muslims has been condemned as un-American and counterproductive, yet the hardline approach to immigration has fueled his popularity among the overwhelmingly white Republican primary electorate. THE ASSOCIATED PRESS



A still from Donald Trump's campaign ad. SCREENSHOT

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**DENMARK CHECKPOINT** Danish police patrol the German-Danish border near Flensburg, northern Germany, Monday. Denmark and Sweden have both tightened their borders to stem the flow of migrants. NORDE/POLFO TO VIA THE ASSOCIATED PRESS

## Hebdo alive and well

## ANNIVERSARY OF ATTACK

### Religion and government barbed by wit

In a special edition laced with blasphemy, obscenity and profanity, Charlie Hebdo's surviving artists and writers declared that the satirical newspaper is alive, but "the murderer is still at large."

The 32-page copy marking the anniversary of the Jan. 7 attack on the paper's staff accuses Islamic fundamentalists, organized religion, an irresolute government and intelligence failures for the 2015 violence in France by Muslim extremists that started with that day. Seventeen people died at Charlie Hebdo and at a kosher supermarket two days later.

Almost all of those believed directly responsible for the Jan. 7-9 attacks and the Nov. 13 carnage in Paris that killed 130 people are dead as well. But Charlie Hebdo's special edition this week, with a front-page caricature of a bloody God wielding an assault rifle, darkly predicts violence to come.



**Special edition depicts a bloody God: "The murderer is still at large."** TWITTER.COM

capture of a bloody God wielding an assault rifle, darkly predicts violence to come.

The edition details the moments of horror in Paris' 11th arrondissement in the first staff meeting of 2015. Editorials take aim at students who wear veils or openly pray in classrooms, patients who refuse medical treatment from someone of the opposite sex, and France's intelligence community.

THE ASSOCIATED PRESS

### CHICAGO

#### Police reforms on the way, says watchdog agency

The head of the Independent Police Review Authority, which investigates Chicago police officers, said Monday his agency will implement reforms in the wake of protests over several fatal shootings of African-Americans.

Also Monday, a federal

judge blasted the city's law department that defends police as he ordered a new trial in a case focused on a fatal police shooting, concluding a city lawyer sought to conceal evidence. U.S. District Judge Edmond Chang added the department had shoddy recording in the case.

THE ASSOCIATED PRESS





**Cecil the Lion** WILDLIFE  
CONSERVATION RESEARCH UNIT/  
THE ASSOCIATED PRESS FILE

#### TROPHY HUNTING

## Lion-hunting raffle nixed

A safari company has cancelled a controversial raffle that offered hunters the chance to kill a lion at a conservation area in Zimbabwe.

Martin Nel Safaris had been selling 100 tickets at \$1,500 each for the chance to win an 18-day safari in the Bubye Valley Conservancy.

The winner would have been chosen during a draw in Las Vegas on Feb. 5. He or she could choose between killing a lion or taking photos as a male lion was collared for research.

"The whole idea of it was to actually raise money for conservation," said Martin Nel, who said he decided to cancel the raffle on Sunday. "Through irresponsible reporting, it's been blown out of proportion. That is why it's been removed."

The raffle drew criticism after media reports linked it to the Wildlife Conservation Research Unit, which had collared and studied Cecil, the lion whose death at the hands of an American dentist sparked a global outcry.

TORSTAR NEWS SERVICE

# Ranchers report to jail, protesters stay on land

#### OREGON

## Occupation continues against U.S. government

Father-and-son ranchers convicted of setting fire to federal grazing land reported to prison Monday as the armed anti-government activists who have taken up their cause maintained the occupation of a remote Oregon wildlife

preserve.

Federal authorities made no immediate attempt to retake the Malheur National Wildlife Refuge in eastern Oregon, which about two dozen activists seized over the weekend as part of a decades-long fight over public lands in the West.

There appeared to be no urgent reason for federal officials to move in. No one has been hurt. No one is being held hostage. And because the refuge is a bleak and forbidding stretch of wilderness, and it's the middle of winter,

the standoff is causing few if any disruptions.

Meanwhile, the armed group said it wants an inquiry into whether the government is forcing ranchers off their land after the father and son were ordered back to prison for arson on federal grazing lands.

The group calling itself Citizens for Constitutional Freedom demanded a government response within five days related to the ranchers' extended sentences.

Ammon Bundy — one of

the sons of rancher Cliven Bundy, who was involved in a 2014 Nevada standoff with the government over grazing rights — told reporters that Dwight Hammond and his son, Steven Hammond, were treated unfairly.

The Hammonds were convicted of arson three years ago for fires on federal land in 2001 and 2006, one of which was set to cover up deer poaching, according to prosecutors. They said they lit the fires to reduce the growth of invasive plants and protect their prop-

erty from wildfires.

The men served their original sentences — three months for Dwight and one year for Steven. But an appeals court judge ruled the terms fell short of minimum sentences that require them to serve about four more years.

Their sentences have been a rallying cry for the group, whose mostly male members said they want federal lands turned over to local authorities so people can use them free of U.S. oversight.

THE ASSOCIATED PRESS



Members of the group occupying the Malheur National Wildlife Refuge headquarters, left, conduct a tour with the media Monday, near Burns, Ore. The group calls itself Citizens for Constitutional Freedom and has sent a "demand for redress" to local, state and federal officials. The armed anti-government group took over the remote national wildlife refuge in Oregon as part of a decades-long fight over public lands in the West. RICK BOWMER/THE ASSOCIATED PRESS

#### DIPLOMACY

## Saudi Arabia's allies cut ties to Iran

Allies of Saudi Arabia followed the kingdom's lead Monday and scaled back diplomatic ties to Iran after the ransacking of Saudi diplomatic missions in the Islamic Republic, violence sparked by the Saudi execution of prominent Shiite cleric Sheikh Nimr al-Nimr.

Sudan and the tiny island kingdom of Bahrain said they would sever ties with Iran, as Saudi Arabia did late Sunday. Within hours, the United Arab Emirates announced it would downgrade ties to Tehran to the level of the charge d'affaires, while other nations

issued statements criticizing Iran.

The concerted campaign by Sunni-ruled Saudi Arabia highlights the aggressive stance King Salman and his son, Deputy Crown Prince Mohammed bin Salman, have adopted in confronting Iran, a longtime regional rival.

"What we have seen during the last 24 hours is unprecedented... It shows you Saudi Arabia has had enough of Iran and wants to send a message," said Abdulkhaleq Abdullah, a political science professor at Emirates University. "This is

the Saudis saying: 'There is no limit to how far we will go.'"

The standoff began Saturday, when Saudi Arabia executed al-Nimr and 46 others convicted of terror charges, the largest mass execution carried out by the kingdom since 1980.

Al-Nimr was a central figure in the Arab Spring-inspired protests by Saudi Arabia's Shiite minority, who long denied advocating violence. News of his execution has sparked Shiite protests from Bahrain to Pakistan.

THE ASSOCIATED PRESS



A man holds a poster of Nimr al-Nimr in Baghdad on Monday. AFP/GETTY IMAGES

#### UNITED KINGDOM

## Cameron calls ISIL video propaganda

British Prime Minister David Cameron on Monday dismissed a new video in which five purported British spies are shot dead by masked Islamic State of Iraq and the Levant extremists as propaganda from a group that is losing control of territory.

"It's desperate stuff from an organization that really does do the most utterly despicable and ghastly acts and people can see that again today," he said.

"But this is an organization that's losing territory, it's losing ground, it's, I think, increasingly

losing anybody's sympathy."

The video concludes with footage of a young boy wearing camouflage who makes a pointing gesture and says, "Go kill the kuffar (non-believer) over there."

British security officials are studying the video for clues about the identity of a masked man who speaks with a British accent before shooting a captive. The masked figure is an apparent replacement for Mohammed Emwazi, the man known as "Jihadi John," who was killed in November. THE ASSOCIATED PRESS



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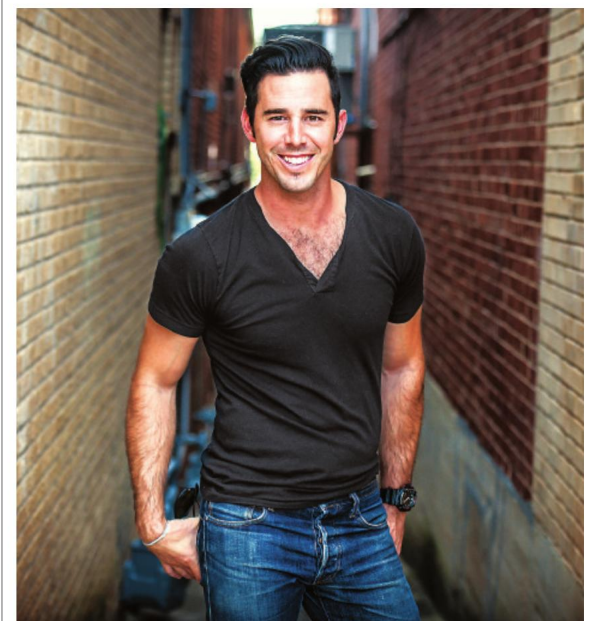
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**Craig Strickland, lead singer of Arkansas-based country-rock band Backroad Anthem.** LIGHTLY CREATIVE/THE ASSOCIATED PRESS

## Singer's body found at lake

OKLAHOMA

### Country band frontman had been hunting

The body of a country singer was recovered Monday at an Oklahoma lake, one week after he disappeared while going duck hunting with a companion who had sent an ominous tweet about threatening weather.

The Oklahoma Highway Patrol said Craig M. Strickland, 29, of Springdale, Ark., had died at Kaw Lake, near the Kansas-Oklahoma state line. The body of his hunting partner, Chase Morland, 22, of Van Buren, Ark., was recovered Dec. 28.

Strickland was the lead singer of Arkansas-based country-rock band Backroad Anthem, which said Monday that it appeared Strickland was able to drag himself out of the water before dying.

"Today we lost our brother, our best friend, our bandmate," the band said in a statement released by its publicist, Jensen Sussman of Nashville, Tenn., to The Associated Press. "Thankful to know he fought his way from the water to a hill and was lying in the shape of a cross on his back looking up to his Heavenly Father ..."

"Today he is smiling down

on us and we know he will always be with us. He will always be here to help guide us along the way. We love you Craig Strickland and we will forever miss you!" the statement said.

A tweet from Morland ahead of the hunt suggested they knew the danger:

"In case we don't come back, @BackroadCRAIG and I are going right through (the storm) to kill ducks in Oklahoma. #IntoTheStorm."

A strong weather system whipped Oklahoma with high winds during the Christmas weekend, with blizzard conditions in the west and strong thunderstorms and heavy rains to the east. The pair's boat was found Dec. 27, the same day the two disappeared. Before Strick-

land's body was recovered, the Oklahoma Department of Emergency Management had said six people had died in the severe weather around Christmas.

Kay County Sheriff Everette VanHoesen said last week that inexperienced boaters can be surprised by worsening conditions on the 38-mile-long lake.

"It's a big lake, and when we have high winds, the lake will get whitecapped; the waves get pretty big," VanHoesen said last week.

Strickland was married to former Miss Arkansas Helen Wisner. THE ASSOCIATED PRESS

“

**Today we lost  
our brother, our  
best friend, our  
bandmate.**

Backroad Anthem  
statement





Grape growers say there's still time for an icewine harvest in the coming weeks despite the mild winter, but bigger questions about the impact of a changing climate are creeping up on the industry. THE CANADIAN PRESS FILE

# Icewine industry feels chill of climate change

## AGRICULTURE

### Unseasonable temperatures have delayed grape harvest

A late deep freeze this winter may have lifted the spirits of Ontario's icewine industry, but grape growers say bigger questions about the impact of a changing climate are creeping up on their business.

Canada is one of the few countries where temperatures in wine-growing regions drop to the -8 C required for icewine.

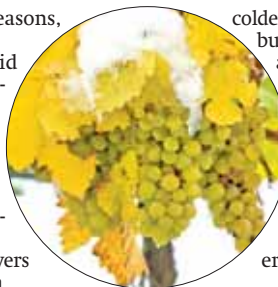
Laura Sabourin, who runs an organic vineyard outside St. Catharines, Ont., and supplies grapes to winemakers, said the unseasonably warm temperatures over the past month have delayed her harvest, but in previous years she has picked as late as the last week of January. "The harvest is going to be down, but that's not the result of this warm winter," she said. "It's the result of two previous cold winters."

Even though icewine grapes are bred to withstand the cold, temperatures that drop too quickly can kill emerging buds and even the vines themselves — which was the case over

the past two seasons, Sabourin said.

Sabourin said Canadian vineyards have to look at strategies to protect themselves in the face of a changing climate.

She said growers could bring in new varieties of grape that are designed for even tougher winters, adopt new harvesting and preservation techniques from specialized vineyards in



colder climates such as burying the grapes, and diversify into other crops.

Patrick Gedge, president of the Winery & Grower Alliance of Ontario, said wine growers are investing in new technologies, such as wind machines that pull down warm air from higher in the atmosphere, to deal with shifting temperatures.

THE CANADIAN PRESS

## market minute



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**OIL**  
\$36.76 US (-28¢)



**GOLD**  
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**NATURAL GAS:** \$2.334 US (-0.3¢)  
**DOW JONES:** 17,148.94 (-276.09)

## UNITED STATES

### Gun sales soaring, data shows

Gun makers' stocks are surging in a slumping market, as new data indicates a sales jump after 2015 ended with more mass shootings and growing political pressure to tighten regulation in the United States.

Recently released numbers from the National Instant Criminal Background Check System show that background checks jumped about 38 per cent last month.

Wedbush Securities analyst James Hardiman says that indicates a sizeable sales increase during the year's final month.

**38%**

The percentage jump in background checks last month according to numbers from the National Instant Criminal Background Check System.

That follows mass shootings in Paris and San Bernardino, Calif., and indications that U.S. President Obama plans to tight-

en gun laws.

Hardiman says these developments all spur sales growth by making people feel less secure about both their safety and gun rights.

Shares of Smith & Wesson Holding Corp. and Sturm, Ruger & Co. are climbing.

Obama moved Monday to require all gun sellers in the U.S. to register as dealers — even those who sell at gun shows and online — and to run background checks on all prospective purchasers.

THE ASSOCIATED PRESS

## LAS VEGAS

### Internet of Things big at gadget show

Computing devices such as smartphones, tablets, cars, television sets, microwaves, bedside alarm clocks, and possibly the thermostat have the potential to get smarter by connecting to their fellows, which could open the door to a brave new "Internet of Things."

To see where that might be taking us, there's no better place than the annual gadget extravaganza formerly known as the Consumer Electronics Show — and now simply as CES.

The show, which starts Wednesday in Las Vegas, is the place for companies large and small to show off new connected devices. These range from the seemingly trivial — for instance, smart umbrellas that message you if you leave them behind — to the undeniably helpful, such as navigation devices that display driving directions onto your windshield so you don't have to take your

eyes off the road.

According to the McKinsey Global Institute, a division of the consulting giant McKinsey & Co., the value created by connecting the world's devices could hit \$11 trillion US annually by 2025, a sum that represents over half of U.S. economic output in a year.

Most of the value comes from industrial uses — like cleaner air from smarter energy use and fewer factory shut-downs due to smarter maintenance.

But trillions in benefits are expected to come from consumer-bought products: safer streets because of better-driving cars, robots that take care of household chores and health and fitness trackers that let us know when our bodies need medical attention.

"There's a big value in avoiding pain and suffering," says report co-author Michael Chui. THE ASSOCIATED PRESS

**There's a big value in avoiding pain and suffering.**

Michael Chui

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## the big number

# 437,400

**Of interest to those of us who aren't CEOs:** This is the approximate number of open jobs there were in Canada at last count (the midpoint of 2015). **The average wage on offer was \$18.80 per hour.** Job seekers could consider a trek up to the Yukon, whose job-vacancy rate, at five per cent, is the nation's greatest. Head to chilly Nunavut for the best wages on offer, where the average vacant position pays a cool \$28 per hour. Most of the jobs available across the country, however, likely pay far less. The most common roles employers were looking to fill in 2015 included retail salespeople, cashiers, food and beverage servers, truck drivers, customer service reps and landscaping and farm labourers. The only professional categories in the top 10 were chefs and "computer and information systems professionals" — so if you've been meaning to try your hand at learning code, now may be the time. SOURCE: STATISTICS CANADA

## Trudeau's radicalism: Be good, not just better-off

**Richard Gwyn**



Probably because so many spokespersons from the Queen to the Pope were uttering their thoughts during the just-ended holiday season, one of these of considerable interest to Canadians got almost no attention in the press.

Its author was our new prime minister, Justin Trudeau. What he said was unique to him and to this country. Intriguingly, in the views he expressed it's possible to detect some that match those of his wife, Sophie Grégoire-Trudeau. As a further reach — perhaps one too far — it's possible to detect some that echo the opinions of Pope Francis.

**We want our economy to expand ... We also want the kind of Canada we once had.**

Consider for instance these sentences by Trudeau and then try to identify an equivalent in any other country.

First: "Governments can't solve every challenge. We need Canadians to do more, too."

Then some of Trudeau's examples: "We can give in tangible ways — by donating time or money to ... support our more vulnerable neighbours." And: "We can be more patient and understanding." And, "I hope that this year we can be gentler with ourselves, and with others."

Then his summation: "Let's show each other what it really means to be good; to be Canadian. Let's open our hearts and share love with those around us."

Phew! All of that is most certainly unique. In just about any other country few if any leaders would dare to talk in that way. Entirely sensibly, they would fear being laughed at, and, much worse, heaved out at the next election.

Trudeau, though, dared to say it. He did this because he — and Sophie — believes in it.

It's very likely that few Canadians read or heard of Trudeau's words, most having had

more important seasonal work to do such as keeping their Christmas tree, or its equivalent, more or less straight.

A valid case can be made that Trudeau wasn't elected to preach purity but to run the country more effectively.

For most Canadians these days, the most important issue is that of jobs and salaries. Former U.S. President Bill Clinton's famous comment, "It's the economy, stupid," says just about all that needs to be said.

The state of our economy is more troubling than it's been since in 2008 when we actually escaped a global depression in better shape than almost any other country.

Today, though, our economy lags behind. The global commodity boom, during which we thrived, above all in oil, has evaporated. Our dollar hasn't been as weak in years, its most troubling characteristic being that the cheapness of our currency has earned us few increases in our exports.

At such a time, though, our leader is applying himself to telling us how to be good rather than how to be better-off.

What's intriguing about this contradiction is Canadians

share it. Certainly we want our economy to continue to expand in the way it once did. Almost as certainly, a great many of us also want the kind of Canada we once had, or thought we had, to be "back."

Getting both will be a huge challenge. Throughout the year 2016 it's going to be fascinating watching Trudeau recalibrate his program, which at present encompasses far too many attractive but expensive electoral promises at a time when far too little revenue is coming in to pay for them.

What Trudeau's Christmas statement thus amounted was his declaration that even if he has to step back — quite a way back, indeed — he will still hold to his ideas and dreams.

As time passes, more and more Canadians may come to regard such talk as irrelevant to our economic reality. Some may laugh at such pretensions. Alternatively, many may refuse to give up the Canada that has come back to them.

In our history, it's one of the most radical political choices we have ever had to make.

**Richard Gwyn** is a Toronto Star columnist.

## ROSEMARY WESTWOOD

metroview

## CEO salaries are as absurd as they are seemingly intractable

By 12:18 p.m. yesterday, I had accomplished quite a lot.

I woke up, for one, at the respectable time of 7:30 a.m. and rose a reasonable 45 minutes later.

I showered, blitzed a smoothie, walked to work and hit the 10:30 a.m. meeting. By noon, I'd already decided to write this column.

But that is clearly nothing compared to this country's top 100 CEOs. By 12:18 p.m. on Jan. 4, they had already made \$48,636 — otherwise known as the average Canadian's entire salary for the year.

They must have done something to earn it.

Most likely rose well before 6 a.m., thus proving their productivity just by getting up. They probably did a morning workout (it's a regular in the CEO routine) and then found a way to turbo-charge the dragging Canadian economy.

Not quite? Well then. They got up, exercised, and cured our dependency on oil.

Okay, fine. They got up, exercised, and solved child poverty (which afflicts 40 per cent of indigenous children).

Or: They got up, exercised, and helped us all live healthier lives, with less personal debt, greater access to quality food, and better health care.

Wait: Maybe Mark Thierier, CEO of Catamaran Corp., actually did that. His company sells pharmacy benefit and medical record-keeping soft-

ware, so that must be what his \$16.3 million is for.

It's a lot, but he's got nothing on BlackBerry's John Chen, worth \$89.7 million a year.

The figures, crunched by the Canadian Centre for Policy Alternatives, are depressing. You still have a year's worth of work hours left to earn your \$48,000 and change.

It reminds me of The Big Short, which, if you haven't, you should see. The movie is a sad/funny condemnation of the arrogance and impunity that caused the 2008 crisis. It notes that none of the very well paid executives running the banks were prosecuted for the disaster, and, as outlined in the Canadian CEO study, high salaries hardly took a hit when the economy crashed. Sure, some people are going to be richer than others, but the only argument for CEO salaries is that they represent the status quo. It's an absurdity matched only by the seeming intractability of the problem.

Enter the campaign to elect Bernie Sanders. Sanders has many believing that ludicrous power and wealth can be curtailed, and we'll find out this year whether that message is appealing enough to win the Democratic nomination, or even the U.S. presidency.

It'll be November by then, and you'll still face a few hundred hours of work to match what a CEO earned yesterday morning.

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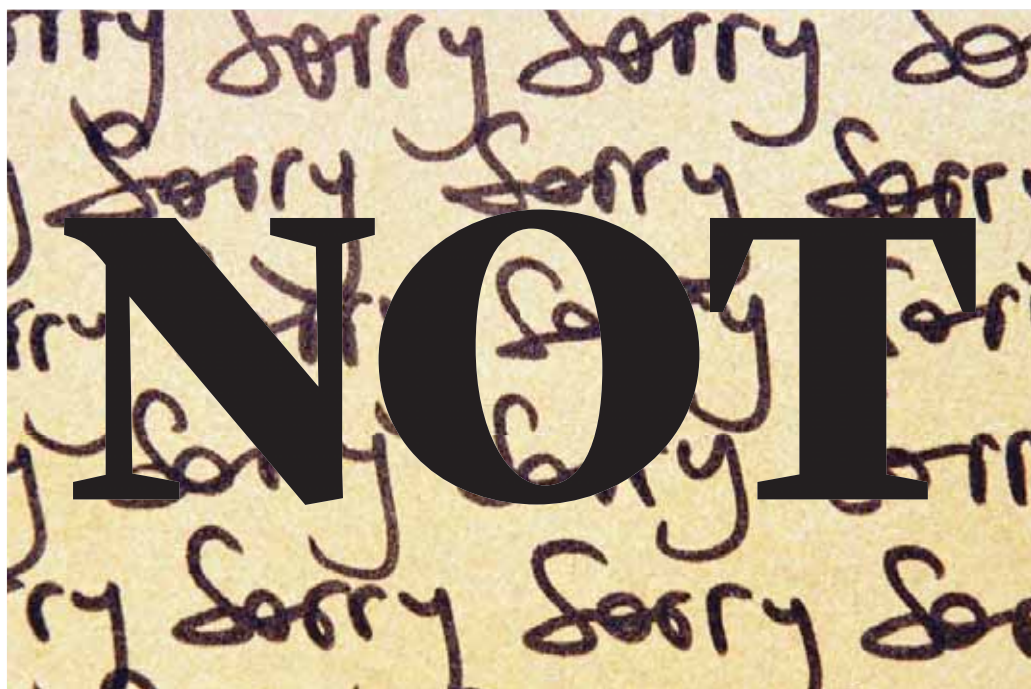
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## Selfish and loving it

Author Sarah Knight shares how ceasing to care can change your life

Here's a thought: what if you just quit that job you hate? Or said no to that next annoying baby shower? Or stopped pretending you like Taylor Swift?

Sarah Knight says it's possible. And it's tried and true by the writer herself. The Brooklyn-based author quit her all-consuming, six-figure New York City editing job in June and hasn't looked back. The big move was part of her journey to devote less time to people and things that annoy her.

"I stopped keeping track of my vacation days like a prisoner tallying her sentence in hash marks on the cell-block wall," she writes in *The Life-Changing Magic of Not Giving a F—: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do* (Little, Brown and Company \$20.49) a "practical parody" of Marie Kondo's bestseller of a similar name (*The Life-Changing Magic of Tidying Up*).

"I hung up on telemarketers; I said no to a weekend trip with toddlers; I stopped watching Season 2 of *True Detective* after only one episode."

Knight's Kondo strategy is the "mental decluttering" that she names the "NotSorry Method." Like Kondo, Knight says her tips could be life-changing: "once you begin implementing NotSorry, you'll never want or need to give an extraneous f— ever again."

Instead, you'll give them to people and things that make you happy. Here, Knight talks about her expletive-ridden self-help guide.

You've written the f-word a

**lot in this process. Has that word lost any of its power to you?**

In my life, the f-word has never been more than something to underscore and emphasize. I did do a count and it's something like 732 f-words in the book. Somebody asked me if I had beat *The Wolf of Wall Street*, so I Googled and I found that *The Wolf of Wall Street* used the f-word, like, 500-and-something times. So I have well-exceeded.

**Let's talk about the phrase at the centre of it all. What does this mentality mean — to "not give a f—"?**

We all understand the colloquial expression of "not giving a f—" to mean not caring about something. So if I'm like, "I don't give a f— about Taylor Swift," I don't care about Taylor Swift. I don't want to talk about Taylor Swift. I don't want to listen to Taylor Swift. I don't want to click on articles about Taylor Swift.

But what I am saying in my book is to quantify your f—s in terms of time, energy or money — sometimes two of those, sometimes all three — and literally do not give your f—s to things that you don't care about, to things that annoy you. You have to identify the things that make you happy and the things that annoy you.

**I love the subtitle: How to Stop Spending Time You Don't Have with People You**

**Don't Like Doing Things You Don't Want to Do.**

I'm glad, because as a publishing professional, I've spent so many years being told "negativity doesn't sell" and "don't be negative." I didn't get any pushback from my publishing team, but I had these little publishers on my shoulder whispering into my ear, "You should try to make it more positive," and I was like, no, this is the point.



**If you act selfishly in a lot of circumstances, it only makes you a happier ... person**

Sarah Knight

**You write that, before, you were socializing with people you didn't like to "appear benevolent." You performed jobs that were beneath you to "appear helpful." You ate disgusting things to "appear gracious." Those are good traits, aren't they?**

I don't think so, if it makes you an unhappier person. I really think that selfish has turned into a four-letter word in our society and I don't think it should be. I think that if you look out for Number 1 and if you act selfishly in a lot of circumstances, it only makes you a happier, more well-adjusted, calm person. You're a better colleague, you're a better spouse, you're a better friend, you're a better parent, if you

take the time to live your life the way you want and not constantly be besieged by doing things that you don't want to do. That just makes you cranky.

**There's a key difference between "not giving a f—" and being an a—hole. How do you make sure you're on the right side of that line?**

I really advocate for a combination of honesty and po-



liteness. I think that a lot of people never get to that point because they're so consumed with guilt and obligation.

Maybe somebody might say that's selfish, that you should go to that baby shower because that's your friend. But if you turn it around, do you want your friends to do things for you that you know they don't want to be doing? I think if the answer is yes, you're an a—hole. The answer should be no.

**What's your advice for someone in that situation? Do you say "I can't make it?" That's sort of a lie in a way.**

I talk in the book about the sliding scale of honesty. If you don't want to go to something

because you don't like that person's husband and you say "I don't want to come to your party because I don't like your husband." Well, that's very honest, but it's also very rude.

The whole "NotSorry Method" is about taking levels of honesty and politeness and sliding them around on the scale like at the doctor's office when they have to move the little thing around to figure out how much you weigh. You want to find that perfect balance of honesty and politeness.

Sometimes a little fibbing is necessary. You can just say, "So sorry can't make it, have fun." You don't have to invent a whole excuse that's like, "I can't make it because we're going to be in Philadelphia for this thing," and then you have to police your social media and make sure nobody checks you in at this place at this time. Just "I'm so sorry, I can't make it" — it's true.

**Are there people that you cut out of your life in this process? Did you "break up" with any friends?**

Over the course of the last few months, I have phrased this without naming names or identifying characteristics. There are definitely people that I have stopped making the effort to accommodate, and I think it has served me well.

**How have they reacted?**

I really haven't received any pushback or blowback. It is



possible people are talking about me behind my back. But since I'm not hearing it, I don't have to give a f—. I really haven't had any confrontations; I haven't had any accusations. I think for the most part, my friends and family have been like, "OK, great, that's who you are. This is funny and fun and I wish I could be more like you."

**This isn't just about having more time to do things you actually enjoy. You say that "your f—s affect your mind, body and soul." What do you mean by that?**

It goes back to the idea of allowing yourself to look out for Number 1 and be a bit selfish. It's going to stand you in good stead. You're going to be better rested, you're going to be less angry and annoyed. In contrast to the Marie Kondo book, which really focuses on your physical space and clutter, my book is focusing on your mental clutter. Allowing people to lift the burden of guilt and obligation is very good for the soul. TORSTAR NEWS SERVICE



# Come to terms with vaping

## LEARN THE LANGUAGE

### Cut through haze of e-cig slang with this handy glossary

The subculture revolving around the use of e-cigarettes, or “vaping,” has grown rapidly in both the United States and Canada, replete with a range of unique terms.

The following are some commonly used words and phrases in the vaping world.

#### ADV

“All day vaping” — many like to vape continuously throughout the day and will typically seek a milder flavour of e-juice — the liquid from which inhalable vapour is produced — usually steering away from exotic blends.

#### Cloud chasing

A competition to see who can produce the largest vapour puffs. Cloud-chasers prefer larger amounts of vapour per drag and blow rings into the air.

#### Coil

The metal heating element in an e-cigarette that produces vapour from e-juices. Different designs and heating speeds can affect the strength of a drag off an e-cigarette. Coils are usually cleaned every couple of days.

**CREAMY**  
Creamy e-juices are more redolent with non-fruit flavours such as peanut, custard, coffee and chocolate.

#### PG/VG ratio

A measure of the vapour-vs-flavour balance in e-juice. It refers to the ratio of two major ingredients, propylene glycol and vegetable

glycerin. More VG produces thicker clouds of vapour, but will dampen the flavour.

#### Stealth vaping

The opposite of a cloud-chaser — stealth vapers seek smaller volumes of vapour

for more discreet vaping in settings such as the office or a restaurant.

#### Throat hit

Refers to the intensity of a vaping hit. A good throat hit is analogous

to that of a strong cigarette and can be affected by nicotine levels.

#### Vape on

An oft-uttered rallying cry for vaping enthusiasts. AFP



The fast-growing vaping subculture is creating new ways of talking about e-cigarette use. ISTOCK

## + FITNESS TRENDS

### Work out like the stars

A roundup of celebrity-loved workouts that are set to become even bigger in 2016 includes:

#### Ballet

Thanks to Victoria's Secret Angels putting their runway-ready bodies down to barre classes, 2015 saw ballet-inspired workouts replacing yoga and Pilates class, but 2016 will see what could have been a passing fad develop into a serious fitness trend. Ballet devotees include Gigi Hadid and Victoria's Secret Angel Lily Aldridge.

#### Boxing

Many of the Victoria's Secret Angels also maintain their high fitness levels and sculpted bodies with boxing. Longest-running Angel Adriana Lima has been a devotee for over 10 of her 16 years as an Angel. But it's not just models who will help the rise in 2016 of boxing's popularity. Holly Holm, who recently beat high-profile Ultimate Fighting Championship (UFC) fighter Ronda Rousey, is an ex-professional boxer.

#### TRX

Developed by an elite Navy SEAL commando, TRX uses just one piece of equipment, the TRX Suspension Trainer, which enables you to practice over 300 exercises. Jennifer Lopez, Gisele Bündchen, and Gwen Stefani, are all rumoured celebrity fans.

AFP

## MINDFULNESS

# Whatever your resolutions, meditation can help you achieve them

New Year's resolutions can be all over the map. Maybe you're making small tweaks, like trying to work out more or eat healthier. Or maybe you're striving for big changes — quitting smoking or losing weight. Whatever your resolutions for 2016, mindfulness experts say this popular meditation strategy can help you stay on track and realize your goals.

#### What is mindfulness?

With its roots in Buddhist meditation traditions, mindfulness is a mental state that's achieved by focusing your thoughts on the present. That sort of focus means you're conscious of your feelings and bodily sensations, and not just living your life on autopilot.

“Are you really tasting the strawberries, or are you just shovelling them in your mouth? If you're talking to a friend, are

you paying attention to all the non-verbal cues?” says Dr. Paul Kelly, clinical director at the Mindfulness Clinic in Toronto. “The richest, most fulfilling human moments we have occur when we're really tuned in to one another.”

#### Focus on the positive

When it comes to New Year's resolutions, mindfulness strategies can help you shift your focus. Say you want to butt out for good. Sure, you're losing the pleasure of nicotine, but Kelly says practicing mindfulness can help you focus on what you're gaining instead.

“It's important to think about what about this will be positive or rewarding for me. I'll enjoy not coughing as much, not having the smell of cigarettes on my clothing. I'll enjoy sharing with my friends that I've made this change,” he says.

By being aware of the positive gain, you're shifting your mind towards success.

#### Practice urge-surfing

If you're trying to give up a bad habit — constant snacking, or regularly creeping your ex on Facebook — you should try “urge-surfing,” says psychologist Jonathan Kaplan, director of the SoHo CBT + Mindfulness Center. That means paying attention to your emotions, and the internal and external conditions fuelling your decisions.

With emotional eating, for example, it's easy to reach for the nearest bag of chips because you're acting on autopilot, Kaplan says, rather than paying attention to your feelings and motivations for eating in the first place. “If we don't give into that urge, it'll subside,” he says. “We just have to ride or surf it out.”



If you want to give up a bad habit, like constant snacking or always creeping your ex on Facebook, pay attention to your emotions, says psychologist Jonathan Kaplan. TORSTAR NEWS SERVICE

#### Start actually meditating

You can apply mindfulness principles in your life, but actually practicing meditation can be the best way to overhaul how you think on a regular basis. Formal meditation starts building our ability to sustain our attention

for longer periods of time, and “cultivating that attitude of acceptance,” says Kaplan. But that doesn't mean you need to sit in a lotus pose for half an hour — even just a few minutes at a time can help you get on track.

Kaplan suggests taking a

meditation class or using an app to get the ball rolling. Kelly says it's also worth doing a mindfulness review at the end of each day, focusing on how you felt and if there were any obstacles you faced in hitting your goals. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER  
WHAT I'M WATCHING

# Depression drains rom-com

**THE SHOW:** You're The Worst, Season 2, Episode 12 (FX Canada)  
**THE MOMENT:** The Ultimatum

Sharp-tongued music promoter Gretchen (Aya Cash) lies stone still on a daybed, facing away from her boyfriend Jimmy (Chris Geere), a British expat novelist, with whom she lives in Los Angeles. She won't talk to him.

"Snap out of it!" Jimmy berates her. "Stop it stop it stop it. You're being dramatic and self-pitying and frankly, it's unbecoming."

If she keeps this up, he threatens, he's leaving. With another woman. His phone beeps. It's a text from Gretchen.

"Leave the door unlocked," he reads aloud. "I may want to order food later."

Throughout Season 1 these two cynics, who reject romance, found themselves falling for each other. Each episode posed a relationship test: Should I spend the night? Should we admit we're dating? Should we be exclusive? To their astonishment, they kept passing. But at the beginning of this season, they ran smack into a truly serious problem: Gretchen suffers from depression, and it's pulling her down again. Jimmy can't, or doesn't want to, help her. All fun screeched to a halt.

Series creator Stephen Falk is obviously trying to deepen the rom-com genre, and I ad-



**You're The Worst creator Stephen Falk is trying to deepen the rom-com genre but he isn't pulling it off with a plotline involving character Gretchen's bout of depression.** BYRON COHEN/FX

mire him for that. As disconcerting as it is when your hilarious friend suddenly gets serious, comedy can and should go to uncomfortable places. But that's not the problem here. The problem is, Falk hasn't pulled it off.

It's great that he treats the disease seriously. But he's gone down a rabbit hole, and I don't see how he can snap out of it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

# Schitt's Creek or Smiths

QUIZ

## Which self-entitled sibling duo dropped these lines?

On CBC sitcom Schitt's Creek, David and Alexis Rose (Dan Levy and Annie Murphy) are extravagantly spoiled, fashion-tastic millennial siblings, exiled to a small town where bottle service is what they call that other line at the Beer Store.

As the younger Roses quip their way through a life less fabulous, their lines echo another pair of extravagantly spoiled, fashion-tastic millennial siblings: Jaden and Willow Smith, children of actors Will Smith and Jada Pinkett Smith. Do you speak self-entitled?

Before Schitt's Creek's second season debuts on CBC on Jan. 12, try to guess whether these doozies were spouted by the Smiths or the Roses.

1. "I could not be more at one with nature. I do Coachella every year."

2. "There're no novels that I like to read so I write my own novels, and then I read them again, and it's the best thing."

3. "I don't want to be written off as some gorgeous airhead."

4. "I went to school for one year. It was the best experience but the worst experience. The best experience because I was, like, 'Oh, now I know why kids are so depressed.' But it was the worst experience because I was depressed."

5. "I'm trying very hard not to connect with people right now."

6. "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo."

7. "I could literally climb a mountain and survive a couple nights in nature. That's a requirement for my clothes because one day I was on the freeway and I saw a mountain, so I literally just pulled over and climbed it."

8. "I miss being surrounded by loose acquaintances who think I'm funny and smart and charming."

9. "I just have a different kind of relationship with my friends where we don't have to be in constant contact with each other."

## ANSWERS

1. David Rose
2. Willow Smith
3. Alexis Rose
4. Willow Smith
5. David Rose
6. Jaden Smith
7. Willow Smith
8. Alexis Rose
9. David Rose
10. Willow Smith

10. "The world is like a pimple, everything is about to explode and release the truth onto everyone's patios."

TORSTAR NEWS SERVICE



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"We wanted it more": Russian coach Valeri Bragin didn't mince words when asked what the difference was between his team and the U.S.

## Matthews 'is the real deal'

### WORLD JUNIORS

### Cream of 2016 draft crop impressing pro scouts

Jesse Puljujarvi and Patrik Laine have one thing Auston Matthews does not: a shot at a gold medal at the world junior hockey championship.

Puljujarvi and Laine have joined the conversation as possible top picks in June's NHL draft in large part because of their contribution on the first line on Team Finland, which plays Russia on Tuesday for the gold medal.

Matthews, however, remains a no-brainer for the first pick overall even though the Americans will face Sweden — and another draft eligible, Alexander Nylander — for the bronze.

"Matthews has shown throughout the tournament he is a franchise player," said Mark Seidel, chief scout for the North American Scouting Service, an independent service. "He has been the guy that every team game plans against and still been phenomenal."

"Some will suggest guys like Puljujarvi and Laine have gotten into the conversation for No. 1, but don't believe it."

Every year, the world junior tournament has a handful of important undrafted players. But this year, it's a bonanza for scouts, especially for teams that might be picking in the top five, especially since those five might still be playing.



Auston Matthews missed the age cutoff for the 2015 NHL draft by two days. SEAN KILPATRICK/THE CANADIAN PRESS

“**He plays the game at full speed all the time.**

U.S. coach Ron Wilson on Auston Matthews

Matthews has been the focus of attention since last year's world juniors. Because his birthday is Sept. 17, he just missed last June's draft cutoff for players — they must be 18 by Sept. 15. Many believe he'd have been a top-three pick last year along with Connor McDavid and Jack

Eichel.

"(Matthews) is the real deal," said Dan Marr, chief scout for NHL Central Scouting. "This kid only has an on-switch. He's even hard to play against in practice. He'd have been in the mix with Eichel and McDavid."

Matthews, however, ran into a bit of a brick wall against the Russians, a team of older players.

"I thought we really clicked well and as a team we played unbelievable as well," he said. "We gave 110 per cent and obviously, like I said, it's a tough pill to swallow with losing in the semifinals." TORSTAR NEWS SERVICE

### SEMIFINALS

#### Russia eliminates U.S. for third straight year

Yegor Korshkov had the eventual winner and added an assist as Russia advanced to the final of the world junior hockey championship with a 2-1 victory over the United States on Monday.

Russia will face host Finland in the tournament's gold-medal game on Tuesday.

Pavel Kraskovski also scored for Russia and Ilya Samsonov made 26 saves for the win.

Christian Dvorak scored for the United States, which will face Sweden on Tuesday afternoon in the bronze-medal game.

The Russians ousted the U.S. in the tournament for the third straight year.

#### Finland earns chance to win gold on home ice

Antti Kalapudas scored the winning goal Monday as host Finland advanced to the final of the world junior hockey championship with a 2-1 win over archrival Sweden.

Kalapudas scored on a second-period power play to send Finland to its second championship final in three years. The Finns beat host Sweden 3-2 in the 2014 gold-medal game.

Roope Hintz also scored for Finland. Rasmus Asplund had the lone goal for Sweden.

Kaapo Kahkonen made 21 saves for the win.

THE CANADIAN PRESS

### TOP-TIER TALENT

Finland's Jesse Puljujarvi, pictured, leads the tournament with 15 points. His teammate Patrik Laine and Auston Matthews of the U.S. are tied for third with

11 points, though Matthews' seven goals leads the tournament.

GETTY IMAGES

### NHL

## Sekera nets overtime winner

Andrej Sekera scored the overtime winner and Cam Talbot made 29 saves to earn his first shutout of the season as the Edmonton Oilers won their second game in a row, defeating the Carolina Hurricanes 1-0 on Monday.

The Oilers (17-21-3) have won nine of their last 11 games at home.

The Hurricanes (16-18-6) are on a two-game skid.

The best chance in the scoreless first period belonged to Carolina, as Jordan Staal rang a shot off the post with five

### MONDAY At Rexall Place

**1** OILERS **0** CANES

minutes left. The Hurricanes had nine shots in the opening frame on Talbot to six by Edmonton on Canes starter Cam Ward.

The Hurricanes continued to set the pace in the second period, but Justin Faulk missed a wide-open net with six minutes

left in the second period to keep the game scoreless through 40 minutes with Carolina leading 18-14 on the shot clock.

Both goalies stood their ground through the third period as well, sending the game to extra time with the shots 27-21 for the Hurricanes.

The only goal of the game came 2:47 into the overtime period as Ryan Nugent-Hopkins got the puck to former Hurricane Sekera, who was able to send a one-handed slash off his own rebound through Ward's legs. THE CANADIAN PRESS

### IN BRIEF

#### Coughlin resigns as Giants head coach

Tom Coughlin, who returned the Giants to NFL prominence by winning two Super Bowls, resigned Monday after missing the playoffs for the fourth consecutive year.

The Giants finished the season with a record of 6-10. THE ASSOCIATED PRESS

#### Real Madrid fires Benitez, Zidane put in charge

Real Madrid fired coach Rafa Benitez on Monday after only seven months and replaced him with its former

star player, Zinedine Zidane.

Real Madrid is third in the Spanish league, four points behind leader Atletico Madrid and two behind Barcelona. THE ASSOCIATED PRESS

#### Stampeders release veteran linebacker

The Calgary Stampeders have released veteran middle linebacker Juwan Simpson after eight years with the team.

Simpson has been a Stampeders his entire CFL career and won two Grey Cups with the club.

THE CANADIAN PRESS



Oilers forward Jordan Eberle hooks the Hurricanes' Kris Versteeg on Monday night.

JASON FRANSON THE CANADIAN PRESS



## RECIPE Baked Eggs with Mushrooms



PHOTO: MAMA VISHNEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This light yet comforting dinner is perfect for a night when you get home late feeling like you can't possibly cook.

**Ready in**  
Prep time: 20 minutes  
**Serves 2**

### Ingredients

- 2 Tbsp butter
- 2 cups sliced mushrooms
- 1 clove garlic, minced
- 3/4 tsp fresh thyme (may be 1/2 tsp if you're using dried)
- 1/2 cup Fontina cheese, grated
- 2 eggs
- Salt and pepper to taste

### Directions

1. Preheat the oven to 400 F.
2. In a small-ish, oven-safe pan, melt your butter over medium heat. Add the garlic, mushrooms and thyme. Allow the mushrooms to soften for about 3 minutes.
3. Sprinkle the grated cheese evenly across the mushrooms.
4. Now crack the eggs, side by side, over all of it. Slide the pan right into a hot oven. Ten minutes will give you firm whites and slightly runny yolks. Eggs are a very personal business so keep an eye on them!
5. Serve with warm, buttered toast.

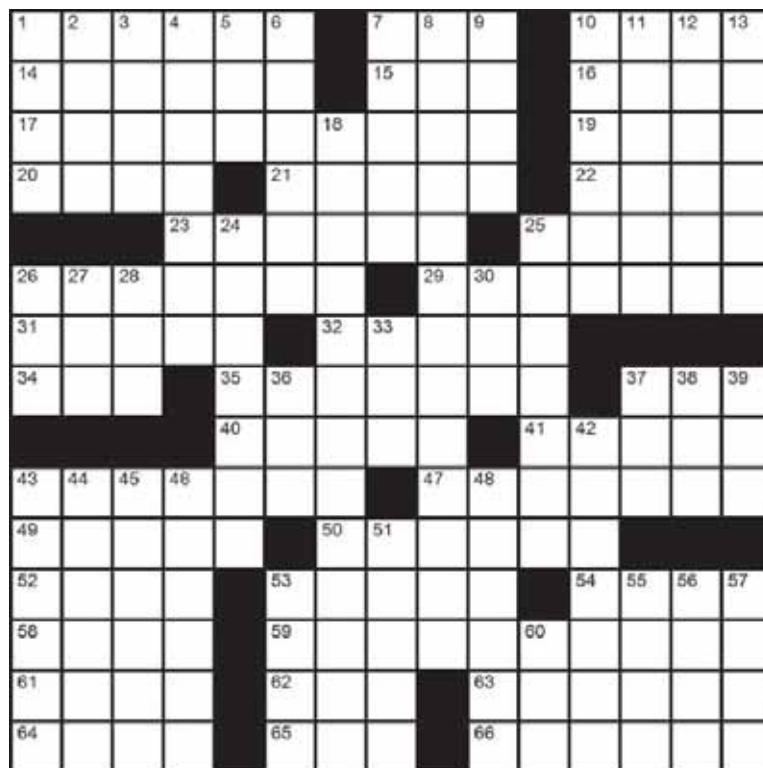
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Brains
7. Printer resolution meas.
10. Apple variety
14. Coffee style: 2 mots
15. Alphabetical, e.g.
16. "Z" (1969) star Mr. Montand
17. Family member who dies of a stroke in *The Grapes of Wrath*: 2 wds.
19. Rat rivals
20. Bypass
21. Tenor role in 1892 opera Pagliacci
22. Big name in shoes
23. More grey
25. Actress Kathy
26. Swimming gear
29. CGI = Computer-generated \_
31. \_ Scialfa (Bruce Springsteen's wife)
32. Gardeners, at times
34. St. John's International Airport code
35. Suggest
37. Stallion's snack
40. Sulky
41. "Cheers" role
43. Parking penalties
47. Belonging to Canadian actor James Doohan's character on "Star Trek"
49. Broadcasting: 2 wds.
50. Department store of yore



52. Not is
53. Mary \_ (William Shakespeare's mom)
54. Russian car
58. Swag
59. Trivial Pursuit, and others: 2 wds.
61. Fashion magazine

62. Pre-AD years
63. Federal government centre
64. Jerry's showbiz partner
65. Mythological beatified spirit
66. Canadian hockey great Cam's surnamesakes

### DOWN

1. Droops
2. Gloom
3. Jai \_
4. Protective wall or embankment
5. Hint
6. Charlie Chaplin grew/wore one, informally

7. "Lorna \_" (1951)
8. Ontario band that makes one think of another part of the country: 2 wds.
9. Oliver! song: " \_ Anything"
10. Athlete's stuff-carrier: 2 wds.
11. Fly
12. Dr. in "The Silence of the Lambs" (1991)
13. Similarly not difficult: 2 wds.
18. Elvis Presley movie: 2 wds.
24. Doll sister of Barbie
25. Having been the inspiration, as per movies: 2 wds.
26. Have the drone do a looksee
27. Refuser's ritzy response
28. Baseball great Mel
30. \_ Fields (Brand of cookies)
33. Decide
36. Decompose
37. Old \_ (Not in style)
38. " \_ takers?"
39. Thumbs-up
42. 1959 Ricky Nelson hit: 2 wds.
43. Slogged away
44. Footwear accessory
45. Prairies-grown oilseed crop
46. \_ heels (Retro style shoes)
48. Mike \_
- Montreal Canadiens goalie
51. Recipe's salt amount: 2 wds.
53. "Waterloo" band
55. Mrs. George Clooney
56. Damp
57. Botanist Mr. Gray's
60. Bell Atlantic + \_ \_ = Verizon

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Little things will seem less important. But where money matters are concerned be careful you don't let things slide — the line between making a profit and making a loss is not as wide as you seem to imagine.

**Taurus** April 21 - May 21  
Your confidence will soar. You will believe in yourself with every fiber of your being and that belief will make the impossible possible. Don't expect loved ones and colleagues to always be on the same level though.

**Gemini** May 22 - June 21  
Things may look a little gloomy. You won't find it so easy to reach out to the world but that's okay. Try looking in at yourself for a change.

**Cancer** June 22 - July 23  
Someone new will come into your life. Whether or not the friendship stands the test of time remains to be seen but even if it is short-lived it will give you an emotional lift and help restore your faith in people.

**Leo** July 24 - Aug. 23  
You'll attract the attention of some important people. If you play your cards right you might soon be a VIP. The cream always rises to the top.

**Virgo** Aug. 24 - Sept. 23  
Life is good and about to get better. No, really. Even with Mercury, your ruling planet, beginning one of its retrograde phases today you can't help but be more open, outgoing and optimistic.

**Libra** Sept. 24 - Oct. 23  
You'll get the chance to make some serious money, but you could also lose money if you get carried away and start thinking you can't fail. Is there a hidden catch? There may be.

**Scorpio** Oct. 24 - Nov. 22  
No one is immune to your charms. You know exactly what words to use to win others over and you know that even if they resist it is only a matter of time before they give you what it is you desire. You're unstoppable.

**Sagittarius** Nov. 23 - Dec. 21  
Make your routine less exhausting. Find ways to get colleagues to shoulder more. Just because you can do most tasks better than them does not mean you should do everything.

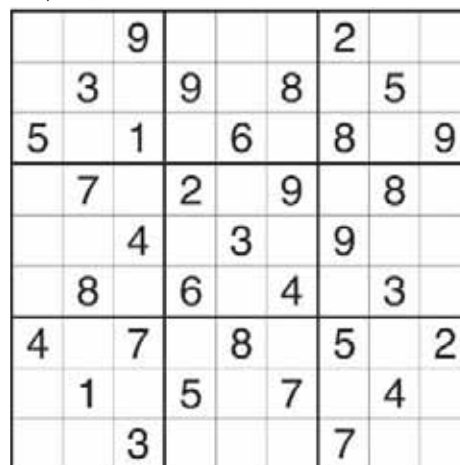
**Capricorn** Dec. 22 - Jan. 20  
This should be one of the most enjoyable times of the year — the only thing that can spoil it is self-doubt. Ignore the voice in your head that says you're out of your league. You're in a league of your own!

**Aquarius** Jan. 21 - Feb. 19  
Let loved ones know what you think of them today, even though it may be less than flattering. Don't worry that you might hurt their feelings. The truth is important.

**Pisces** Feb. 20 - March 20  
You don't care in the slightest what others think — go out of your way to shock today. Life is too short to waste time wondering if others approve of your words and actions.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

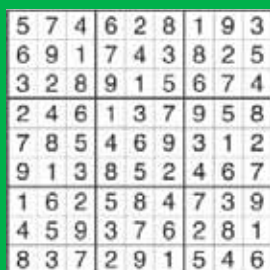
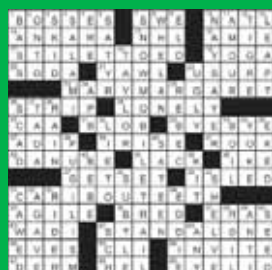


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